

BreastFeeding Basics Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call (337) 531-3705 OR 531-3708.

Breathing and Relaxation Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Diabetes Education Class for all diabetics. BJACH Classroom 1, 1st floor. Registration Call (337) 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call (337) 531-6880/531-3255

Labor and Delivery (L&D) Class: BJACH — CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-37408.

Pregnancy Postpartum Physical Training (PPPT) education: . BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 531-6880/531-3255. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (ARMY MOVE 1,2,3.): BJACH 1st floor classroom. For registration call 531-3129.

Weigh2Geaux Weight management Class: OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call (337) 531-3255 or 531-3129. (Requests for weight loss medication will need a referral by primary care physician)



September 2013



Mon	Tue	Wed	Thu	Fri
2	3 TOBACCO CESSATION 1130-1300	4 BJACH HEALTH AWARENESS 1000-1300	5 PPPT EDUCATION 0815-0900	6
9	10 LABOR & DELIVERY 0900-1100 SC/OTC MEDICATION CLASS 1000-1100	11	12 PPPT EDUCATION 0815-0900 DM EDUCATION 0800-1200	13
16	17 NEWBORN CARE 0900-1100	18 PX HEALTH AWARENESS 1000-1300 BREASTFEEDING BASICS 1100-1300	19 PPPT EDUCATION 0815-0900 WEIGHT MANAGEMENT 1200-1500	20
23	24 SC/OTC MEDICATION CLASS 1000-1100	25	26 PPPT EDUCATION 0815-0900 BREATHING & RELAXATION 0900-1100	27
30				



SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION AWARENESS, HEALTHY AGING & CHILDHOOD OBESITY AWARENESS MONTH

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions - **NO PRESCRIPTION NEEDED!**

There are several ways to complete the class!

BJACH
HEALTH PROMOTION
337-531-6880 OR
531-3255

Unit level or FRG meetings upon request
Other gatherings/meetings/training upon request
Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

11 SEPTEMBER 25 SEPTEMBER 2013
1000 -1100 1000 -1100

Dept. of Preventive Medicine, Bldg 3516
(BEHIND Red Roof Bldg 3504)

CALL TO SCHEDULE

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the **SELF CARE/OTC ON-LINE CLASS** hyperlink.

You must pass the on-line test, print out your certificate
and make an appointment with Health Promotion to be
entered into the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880 OR 531-3255

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING



CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY

FROM 10 AM TO 2 PM

CALL TO SCHEDULE

DEPARTMENT OF PREVENTIVE MEDICINE



DATES FOR SEPTEMBER 2013

5 SEPTEMBER 2013
12 SEPTEMBER 2013
19 SEPTEMBER 2013
26 SEPTEMBER 2013



DATES FOR OCTOBER 2013

3 OCTOBER 2013
10 OCTOBER 2013
17 OCTOBER 2013
24 OCTOBER 2013
31 OCTOBER 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

THE HEALTH PROMOTION PROGRAM

AT BJACH

(337) 531-3776 OR (337) 531-6880